

Northern Region Education Advisors



Mitch Kremer



Rhonda Best

The education advisors in the Northern Region are Mitch Kremer and Rhonda Best. They are available to speak at foster and adoptive parent group meetings. They will tailor their presentations to the individual group's needs. Some of the available topics are:

- Improving Home and School Communication
- Bullying and What to do About It
- School Discipline, Suspensions and Expulsions
- Attendance and Truancy Issues
- Transitioning to Life After High School

For more information, contact Rhonda Best at 815-967-3750 or Mitch Kremer at 815-338-1068.

Rockford's McBuddie's School Supply Drive on in August

The Rockford McBuddie's School Supply Drive is in its 13th year. The drive is done in conjunction with the Rockford School District, McDonald's Restaurants and community donations. Again this year, school supplies will be gathered together from donations that are dropped off at the local McDonald's Restaurants during the whole month of August. The

supplies are for children in Kindergarten through sixth grades.

Foster parents can request supplies for their young students by contacting the school principal at the school their child or children will be attending. All donated supplies will be at each of the schools by Registration Day.

DeKalb "Back To School" Swimming Party

Each year, the DeKalb DCFS Field Office in conjunction with the local FAPA group sponsors a "Back To School" Swimming Party. This year's event will take place at the DeKalb Park District Pool with a picnic and swimming party from 4:30 p.m. to 8 p.m. on August 7.

The afternoon will start with a potluck picnic for fun and fellowship among foster and adoptive families in DeKalb county. The meat and non-alcoholic beverages will be provided by the association and each family can bring a dish.

The event is well attended each year, with 100 joining in the fun last summer. Plans are in the



Even little Joel Harvey could get into the fun at last year's pool party

works to make this another successful event where foster families can have a great time and form supportive relationships. Contact Robyn Harvey at 815-754-5915 for more information or to reserve your space.

Back to School Safety Tips

Share these Safety Tips with your children.

Riding the School Bus

- Have a safe place to wait for your bus, away from traffic and the street.
- Stay away from the bus until it comes to a complete stop and the driver signals you to enter.
- When being dropped off, exit the bus and walk 10 giant steps away from the bus. Keep a safe distance between you and the bus. Also, remember that the bus driver can see you best when you are back away from the bus.
- Use the handrail to enter and exit the bus.
- Stay away from the bus until the driver gives his/her signal that it's okay to approach.
- Be aware of the street traffic around you. Drivers are required to follow certain rules of the road concerning school buses, however, not all do. Protect yourself and watch out!



- Walk your bike through intersections.
- Walk with a buddy.
- Wear clothing or accessories with reflective material...it makes you more visible to street traffic.

Riding in a Car

You might have heard before that most traffic crashes occur close to home – and they do.

- Safety belts are the best form of protection passengers have in the event of a crash. They can lower the risk of injury by 45%.
- A person is four times more likely to be seriously injured or killed if ejected from the vehicle in a crash.
- Everyone needs to be buckled up properly. That means older kids use seat belts, younger kids sit in booster seats and infants or toddlers ride in child safety seats.

Reprinted from the National PTA, www.pta.org.

Tips for helping children deal with bullies

- Teach your children early on to steer clear of youth with bullying behavior.
- Teach your children to be assertive rather than aggressive or violent when confronted by a bully. Instruct them to walk away and get help from an adult in more dangerous situations. Practice various responses with your children through role-playing.
- Teach your children to never defend themselves from bullies with a gun or other weapon.
- Keep communication lines open with your children. Encourage your children to share information about school and school-related activities.
- Pay attention to the following symptoms that may indicate your child is being bullied: withdrawal, abrupt lack of interest in school, a drop in grades, or signs of physical abuse.
- If your child is a victim of bullying at school, inform school officials immediately. Keep your own written records of the names, dates, times, and circumstances of bullying incidents. Submit a copy of this report to the school principal.
- Respond to your children's concerns and fears with patience, love, and support.

Walking and Biking to School

Students walking and biking to school face a wide variety of decision-making situations and dangers while walking to and from school. Here are a few basic safety tips to follow:

- Mind all traffic signals and/or the crossing guard – never cross the street against a light even if you don't see any traffic coming.

Healthworks of Northern Illinois offers shot and exam reminders

Healthworks is a collaborative effort of the Illinois departments of Children and Family Services, Public Aid, and Human Services to ensure that children in the custody of DCFS receive accessible, essential and quality health services. Healthworks of Northwest Illinois serves Boone, Carroll, DeKalb, Jo Daviess, Lee, Ogle, Stephenson, Whiteside and Winnebago counties. Call 1-800-355-8909 or 1-815-720-4000 for more information.

Health Screening

One health screening during each of the following periods is **required** for children who are in the legal care and custody of DCFS:

- birth to 2 weeks
- 2 weeks to 1 month
- 1 month to 2 months
- 2 months to 4 months
- 4 months to 6 months
- 6 months to 9 months
- 9 months to 12 months
- 12 months to 15 months
- 15 months to 18 months
- 18 months to 24 months
- Children ages 2 years to 21 years old need a well-child visit once every year

Vision Screening

Beginning at age 3, vision screenings are to occur once per year. They are mandatory for children in kindergarten, 1st, 5th and 9th grades, also for any child in

special education and any new student.

Hearing Screening

Beginning at age 1 for children at risk of hearing problems and age 3 for all other children, one hearing screening shall be performed per year. They are mandatory for children in kindergarten, 1st, 2nd, and 3rd grades.



Dental Screening

Beginning at age 3, children should be referred for dental care. Children should receive one clinical oral examination per year and oral prophylaxis (cleaning) every six months.

Mental Health Screening

Beginning at age 5, children should be screened for mental health problems at the annual exam. This, however, is a basic screening, not a psychological assessment.

Lead Screening

All children 6 months to 6 years old should be assessed for their risk for lead poisoning. Illinois state law requires **all** children entering daycare, nursery school, preschool or kindergarten to provide proof of a blood lead test.

Immunizations

Up-to-date immunizations are required for new students, children entering daycare, nursery/preschool, pre-kindergarten and

through grade 12. Immunization protects children from dangerous and often deadly diseases, provides protection to unvaccinated persons, decreases the severity of disease (if contracted) and decreases the spread of disease in the public.

Northern News

Sponsor

Joseph Beccera
Regional Administrator

Regional Reporter

Diane Mitchell
DCFS Reporter/
Editor
107 N. 3rd Street
Rockford, IL 61107
Phone: 815-967-3727
Fax: 815-967-3768



Call with foster parent association news and schedules; local training; features on foster families and community members working for children; photos; and news articles and support all foster families can use.

DCFS Lending Library offers alternatives for education credits

The Training schedules were unavailable at press time, due to the state's transition to a new fiscal year. Please consult your local education provider to obtain a schedule for any upcoming training sessions.

When you cannot attend training in person, the DCFS Lending

Library can be used as an alternative for obtaining approved training credit for license renewal. The Lending Library is a resource to allow foster and adoptive parents access to a multitude of books, audio cassettes and videos for self-directed training in parenting and family life. The materials span 17 categories. Licensed foster and

adoptive parents can borrow materials for a two-week period at no charge. The order form is available in the 3rd Edition of the lending Library Catalog, which can also be viewed on the DCFS website at www.state.il.us/dcfs.

Aurora area ~ 630-942-2392
Rockford area ~ 815-921-2301,
ext. 2305

Lending Library Categories

- Child Sexual Abuse
- Children with Sexually Aggressive Behaviors
- Children with Attention Deficit/Hyperactivity Disorder (ADHD)
- Children with Behavioral Disorders/Emotional Disturbances
- Disciplinary Strategies for Difficult Children
- Separation and Visitation
- Drug-Affected Infants and Children
- Fetal Alcohol Syndrome/Effects (FAS/FAE)
- The Medically Complex Child
- The Child With HIV/AIDS
- Promoting Educational Success Through Improved Learning Skills
- Building A Healthy Self-Esteem in Kids
- From Foster Care to Adoption
- Child Development and Parenting
- Parenting Adolescents
- Families and Diversity—Parenting with Greater Understanding
- Children With Mental Health, Language and Physical Challenges

Excerpts from the many titles available to borrow...

When a Child or Youth is Sexually Abused...A Guide for Youth, Parents, and Caregivers

by Children's Aid Society Foundation

Foster parents can read this comprehensive booklet or listen to the audio cassette. Both give the same overview of child sexual abuse focusing on the caregiver/child relationship after disclosure. The information contained in this booklet/audio cassette is valuable to all caregivers of children who were sexually abused.

Reading Level: Easy

Credit: 1 hour

Bruised Before Birth: Parenting Children Exposed to Parental Substance Abuse

by Amy Bullock, Elizabeth Grimes and Joan McNamara

This book introduces and describes the signs and effects of a child that was prenatally exposed to drugs. It offers various parenting tools, techniques, and strategies that may assist in positive and effective caretaking.

Reading Level: Easy to Moderate

Credit: 2 hours

All About Attention Deficit Disorder: Symptoms, Diagnosis, and Treatment

by Thomas W. Phelan

This book touches on basic symptoms of ADD and how it effects the child at home, school, and socially. The book also discusses possible treatments through counseling, school intervention, behavior management, and medication.

Reading Level: Easy

Credit: 3 hours

The Explosive Child

by Ross W. Greene, Ph.D.

For some children, the standard approach of reward-and-punishment doesn't always work. Such children may have difficulty telling you what they're frustrated about or thinking through potential solutions to problems. In this book, the author discusses that the difficulties of these children comes from developmental deficits in two critical skills: flexibility and frustration tolerance. Using stories about the lives of children, parents and teachers with whom Dr. Greene has worked, he offers the reader a systematic approach and advice to helping these children.

Reading Level: Moderate

Credit: 4 hours